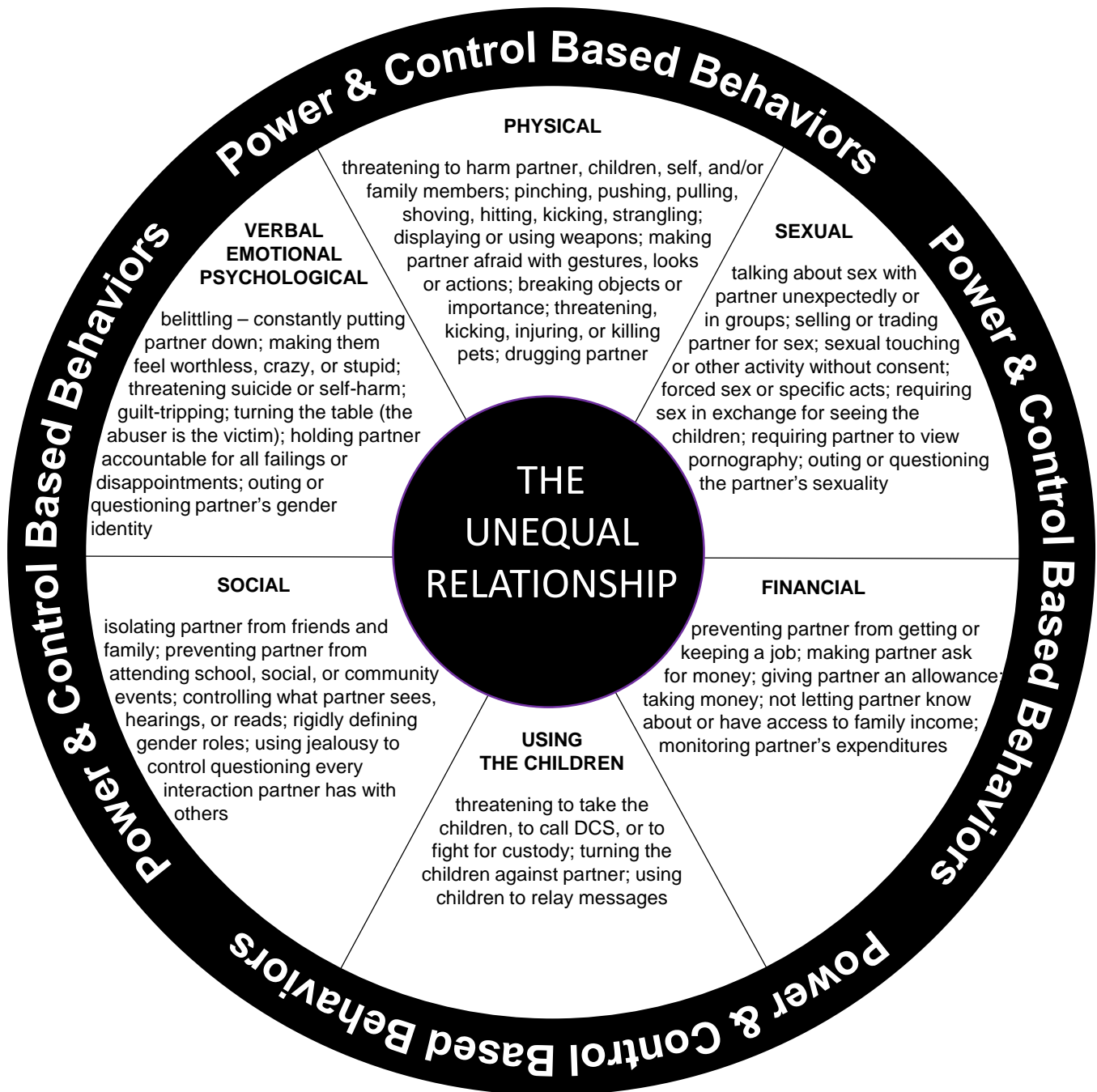


Power & Control Wheel

Domestic violence is a pattern of behaviors, not a one-time occurrence. Often, the pattern is subtle and clothed in helpfulness ("I just don't want you to have to worry about complicated things like finances;" "I'm only looking out for you when I tell you what to wear." "It was just a joke. Can't you take a joke anymore?") At other times, the pattern is obvious and brutal. However it is expressed, the outcome is a partner whose well-being is not considered important and who is scared enough or limited enough to be described as not really living a self-directed life.

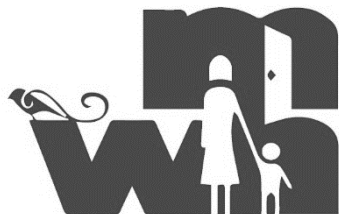
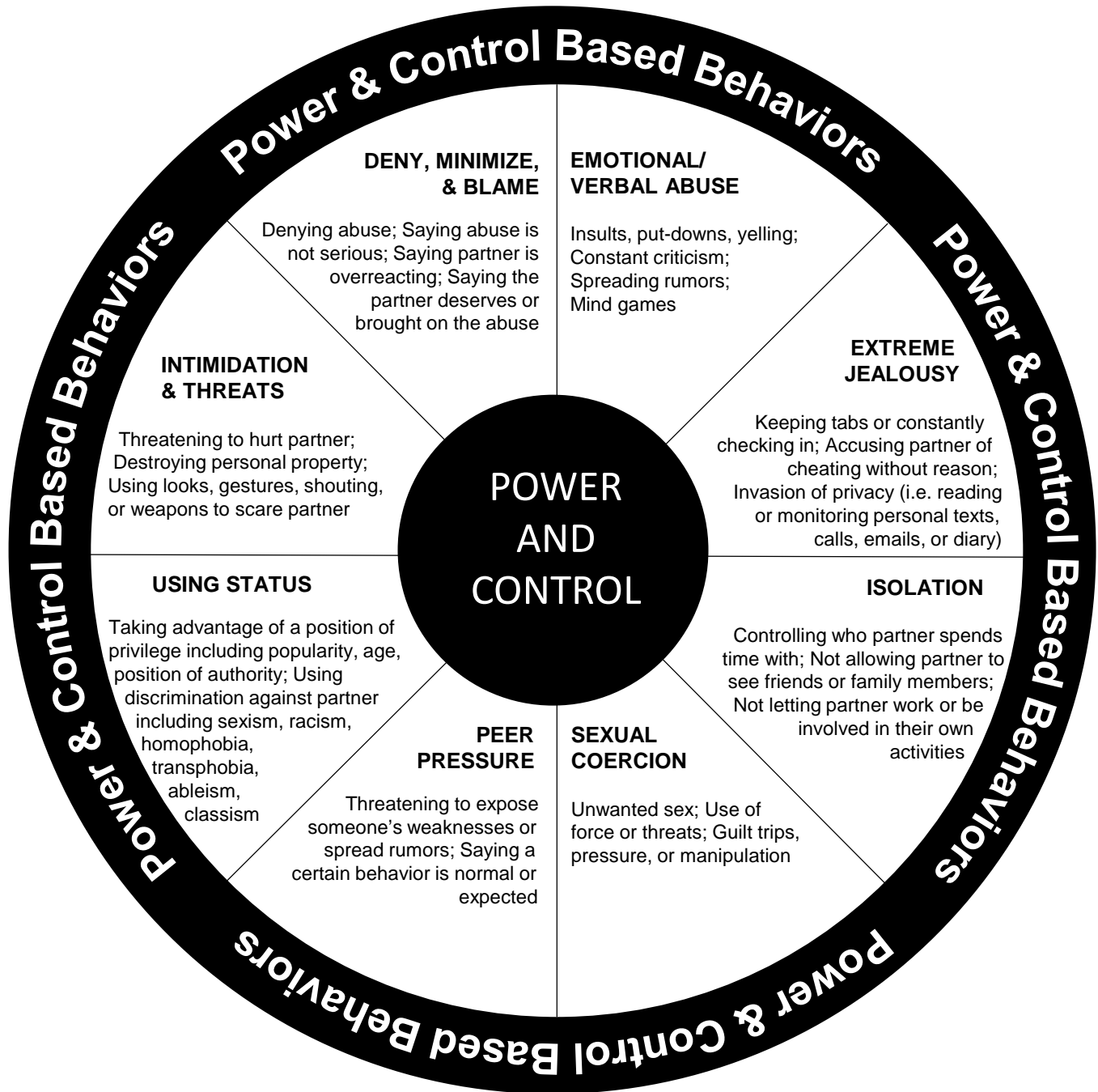


Middle Way House
 Domestic Violence Program
 Rape Crisis Center
 24-Hour Crisis Line
 812-336-0846 (collect calls okay)
 PO Box 95
 Bloomington, IN 47402
middlewayhouse.org

Teen Power & Control Wheel

Abuse – noun, a pattern of behavior where one partner seeks to gain and maintain **power** and **control** over another using physical, emotional, or sexual tactics

The wheel on this page shows that power and control are at the center of an abusive relationship. One of the most obvious ways to control someone is through physical violence. However, there are other ways of controlling a person that are not so easy to spot. Some examples of other forms of abuse are shown in between the spokes of the wheel below. They are more subtle (not so obvious), so often people do not recognize them as abuse. But they are abuse, and they often lead to physical violence.



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